**A**

**Synopsis of thesis entitled**

# "A RETROSPECTIVE STUDY OF MENTAL TOUGHNESS, COPING AND WORRY AMONG SPORTS MEN AND NON-SPORTS MEN"

**To be submitted to**

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# CHAPTER -1

# INTRODUCTION

Psychology is the branch of Science which deals with the study of human behavior and his relationship. Behavior is a collective term for these activities, which includes motor activities e.g. walking, swimming, dancing, thinking, reasoning, imaging and feeling happy, sad and angry (affective). It also concerns itself with the scientific investigation of behavior. To study the activities of a person with his surrounding environment is also referred as Psychology. It concerns with all the segments of human mind i.e. conscious, sub conscious and unconscious. Psychology emphasized the search for truth. It studies facts of behavior and describes the law governing them psychological fact i.e. ethics, logic, philosophy etc. The behavior is quite dynamic and unpredictable. "Personality is that which permits a prediction of what a person will do in a given situation''.[1]

The term Psychology is a combination of two Greek words, psyche (soul) and logos (to study).So, the psychology can be defined as branch of science which deals with the study of soul. In ancient times, the philosophers of Greece observed that various mental processes such as learning, thinking, and feelings etc. were related to soul, so they described Psychology as a branch of science which deals with the studies of mental responses and behaviors of an individual. As per reports, to understand the conception of Psychology, Psychologists utilize some methods to observe the behavior and mental responses of a selected person. The observations of behaviors and actions can only recorded with instruments but it is very difficult to record

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[1]Cattel,R.B.(1970).Theories of personality.2nd edition. John wiley and sons.p-386.

directly the results of mental process such as thoughts and feeling by any instrument.[2]

The understanding of psychological studies can also be utilized to address the health issues needed to treat mental diseases and enables to solve various other issues of human activities. As per the reports, it is recognized that most of the psychologist involves, acting as counselors establishing the clinics, setting of the Schools. Some workers also address a wide array of behavior and mental responses related problems at various teaching and research departments in different universities and colleges across the globe. At industrial level various issues related to age, health status, sports activities followed by forensic and law related problems are being studied.[3]

**Mental Toughness**

Jones et al. (2002)attempted to study the basic problem of mental toughness. He tried to define the mental toughness and also enlisted number of attributes of the ideal mental tough performer by subjecting the elite ten international performers with either group or one-to-one interviews. Based on the extensive literature survey, Jones et al. (2002) suggested about five definitions of mental toughness (1.An ability to cope with or handle pressure, stress, and adversity, 2.An ability to overcome or rebound from failures, 3. An ability to persist or a refusal to quit,4. An insensitivity or resilience, and 5. The possession of superior mental skills) and enlisted 12 attributes with the mental toughness (self-belief, desire/motivation, dealing

[2]Sing A., Bains J., Gill J.S., Brar R.(2003) Fourth Revised and Enlarged Edition 2012.KPP H97603type setting at(11–PHY-PHY-AL-E) Gutam Graphic printers, Near Mai Hiran Gate, Jalandhar p-141

[3]O'Neil, H.F.; cited in Coon, D.; Mitterer, J.O. (2008). Introduction to psychology: Gateways to mind and behavior (12th ed., pp. 15–16). Stamford, CT: Cengage Learning.

with pressure and anxiety, focus (performance-related), focus (lifestyle-related), and pain/hardship factors)[4]

**Introduction of Mental Toughness**

Mental toughness is group of traits, which enables a person to withstand under the adverse conditions (difficulties acquainted during the training programme or issues needs to go through during different competitive games) without losing the confidence level.

In the present scenario various specialist (coaches, sport psychologists, sport commentators, and business leaders) from different domains of life frequently use the term mental toughness across the world.

As stated by various workers the usage of the term mental toughness is very confusing and contradicting. Some works refer it to collections of positive traits that enable a person to resist the worst condition. But the sports coaches and commentators frequently attribute mental toughness to the response of the mental activity of a sports person to resist under stressful condition to won the game, e.g. it is frequently utilized to elaborate the reasoning of a victory in any game, although it is highly confusing attribute.

During the last decade various people tried to address this confusing terminological usage of mental toughness by attempting scientific studies to get more concrete definition e.g. Moran (2012) suggested, needs of precautions to be taken before jumping any conclusion of the mental toughness related studies due to conflict in its theoretical definitions to avoid unreliable methods of empirical research.

**Coping**

Coping means how to deal or face our internal and external problems. Coping is a bunch of a goal and internal efforts, with coping, players or engaged to reduce physical, mental and emotional situation or problems.

[4]Jones.G.. et al., "What Is This Thing Called Mental Toughness? An Investigation of Elite Sport Performers".Journal of Applied Sports Psychology,( 2002), pp, 205-218.

Coping also reduce stress among players, coping means what is necessary to deal within situation or during competition.

Coping strategies or coping skills or commonly termed as psychological coping mechanisms. Coping generally refers to adjusting (constructive) coping strategies, these strategies can reduce stress.

The main reason of the coping effort depend on the types of stress, the individual and the circumstances. Coping can be controlled by psychological and personality (habitual treats), and also social environment, particularly the nature of the stressful environment[5].

**What is sport?**

In the area of Sport & Development, 'sport' is generally understood to include physical activities that go beyond competitive sports.

"Incorporated into the definition of 'sport' are all forms of physical activity that contribute to physical fitness, mental well-being and social interaction. These include: play; recreation; organized, casual or competitive sport; and indigenous sports or games[6]

**Worry:**

Worry is another trait of an individual's state of mind (thoughts, pictures and emotions) resulted due to provident and apprehensions of risk assessment to dealt with potential possible threats and their effects.[7] In literature, worry is elaborated as a defence activity to empower a threat, when the individual lack adequate defending potential. Sometimes the negative aspect of the

[5]https://en.wikipedia.org/wiki/coping_(psychology).

[6]https://www.sportanddev.org/en/learn-more/what-sport-and-development/what-sport-0

[7]Borkovec TD. (2002). Clinical psychology: science and practice 9, 76-80.

worry was reported as most dominant, if one is anxious at a higher magnitude for more days compared to less than half year.[8]

## 1.1 Statement of the problem

As we know that psychology plays a very vital role in the day to day life of every person. So to be psychologically sound is necessity for every human. On the basis of that the present researcher wants to study the Mental Toughness, coping and Athletic Worry among Sports Men and Non Sports men. Thus the statement of the problem is **"**A Retrospective Study of Mental Toughness, Coping and Worry among Sports Men and Non-Sports Men".

## 1.2 Significance of the Study

**1.2.1** The study will be help to know the present status of mental toughness, coping and worry among of sports men and non sports men of Kashmir region of Jammu & Kashmir.

**1.2.2** The result of the study will help the sports men and non sports men in developing and improving their mental toughness, coping and worry.

**1.2.3** The study will provide base for new researches.

## 1.3. Objectives

**1.3.1** To measure the mental toughness of sports men and non sports men.
**1.3.2** To measure the coping of sports men and non sports men.
**1.3.3** To measure the worry of sports men and non sports men.
**1.3.4** To compare the mental toughness, coping and worry of sports men and non-sports men.

[8]Csikszentmihalyi, M., finding flow,1997

## 1.4. Delimitations

**1.4.1**The study will be delimited to the sports men and non sports men only.

**1.4.2** The study will be delimited to only male sports men and non sports men.

**1.4.3** The study will be delimited to those sports men's who participate in the period of December 2015 to December 2017.

**1.4.4** The study will be further delimited to the sports men and non sports of Govt. Colleges of Kashmir region (J & K).

**1.4.5** The study will be delimited to the sports men and non sports men aged between 18-28 years only.

**1.4.6** The study will delimited to 150 sports men and 150 non sportsmen only.

**1.4.7** The study will be delimited to mental toughness, coping and worry variables only.

## 1.5 Limitations

All the subjects will be from different socio-economic, family backgrounds, therefore their interests; habits, physical condition, and life style which were not under the control of scholar will be considered as limitations of the study.

## 1.6 Hypothesis

**1.6.1** There will be significant difference in the Mental toughness between sports men and non sports men of Kashmir region (J & K).

**1.6.2** There will be significant difference in the coping between sports men and non sports men of Kashmir region (J & K).

**1.6.3** There will be significant difference in the worry between sports men and non sports men of Kashmir region (J & K).

## 1.7 Operational Definitions of the Terms

**Retrospective study:** This study means looking back or deals with past events. In present study we deal with those sports persons who participated state level in past events during their studies.

**Mental Toughness:** It is an ability to constantly sustain over ideal performance state during an adversity in competition.[9]

"It can be defined as that unshakable perseverance and conviction towards some goal despite pressure or adversities.[10]In present study mental toughness will be referred as a psychological factor measured by mental toughness scale developed by Dr. Alan Gold Berg.

**Coping:** Coping means how to deal or face our internal and external problems. Coping is a bunch of a goal and internal efforts, with coping, players or engaged to reduce physical, mental and emotional situation or problems.In this study the term (coping) helps us, how players or athletes helps themselves to deal with the problems (stress).

**Worry:** To think about problem or unpleasant that might happen before or during the sports competition that makes you feel unhappy and unconscious.

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[9] Solomon K. Aruparagil, **"**Construction of Questionnaire on Mental toughness**"** (Unpublished Master thesis, L.N.I.P.E., Gwalior, 2005). P.6.

[10] Simon C. Middleton, **"**Discovering Mental toughness: A Qualitative study of Mental toughness in Elite Athlete**s"**Self Research Center, University of Central Sydney, Australia,.

To make someone feel unhappy and frightened because of problems or unpleasant things that might happen.[11] In this study the term worry helps sports persons and non-sports persons to prepare themselves from unconditional situations before, during and after competition.

**Sports men:** In the study the sportsmen are those who participate in the state level competitions.

**Non Sports men:** In the study the non sportsmen are those who did not participate in district or state level competitions but they played in local level.

[11] http://dictionary.combridge.org/dictionary/english/worry.

# CHAPTER -2
# REVIEW OF RELATED LITERATURE

A summary of the writings of recognized authorities of previous research provides evidence that the researcher is familiar with what is already known and what is still unknown and untested. Because effective research is based on past knowledge, this step helps to eliminate the duplication of what has been done and provides useful hypothesis and helpful suggestions for significant investigation. Only those studies should be included in the review of related literature that is plainly relevant, competently executed and clearly reported.

Regardless of the required length of the review, there are some basic considerations for writing a literature review. First, an outline of the literature review to be written is often very helpful, especially for longer reviews. This outline is determined by the topic and how the research relates to it and to other related issues.

**Dolenc P. (2015)** Conducted Study on Anxiety Self esteem and coping with stress insecondary school students. This study was conducted on 280 male and female secondary school students age between 15-19 years. The participants completed the adolescence coping scale, Spielberger state trait anxiety inventory and PSDQ self esteem scales. The result shows that sportsmen exhibited higher self esteem scores and lower anxiety scores in comparison to non sportsmen. Sportsmen also reported more productive coping strategies than non sportsmen. This study enhances that sports have important role in improving and maintaining a favorable sense of self worth,

reducing anxiety and promoting productive coping strategies when dealing with everyday problems.[12]

**Rawat and Bangari**[13] conducted the study to compare mental toughness between volleyball and basketball players. A total of eighty (80) players, comprising of 40 volley players from various universities in Punjab were randomly selected for the study were shortlisted through purposive sampling. The age of the subject ranged between 18-25years. To analyze mental toughness of the subject: Mental toughness Questionnaire (2004) developed by Dr. Alan Goldberg's was used. To ascertain mental toughness of the subjects, scoring key were referred and to compare volleyball and basketball players on mental toughness t test was applied. The level of significance was fixed at 0.05 levels. To compare the date t test was applied for finding the significance difference between Volleyball and Basketball players on mental toughness showed a significant difference between the mental toughness of volleyball and basketball players have been accepted. The volleyball and basketball players showed significant difference on mental toughness, though basketball players showed higher mean on mental toughness than volleyball players.

**Haglind, D. (2004)** conducts the study among Swedish and Portuguese track and field athletes and coaches. The aim of this study was to examine how athletes and coaches, in Sweden and Portugal, perceive and experience success and failure in relation to sports. More ever, study if there were cultural differences in coping. The main objective of the study consisted of examining differences based on culture and coaches vs. athletes in the following research questions; how athletes and coaches define, react

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[12]Dolenc P. (2015) AnxietySelf esteem and coping with stress insecondary school students.Slovenian journal of Public Health 2015. 54(3)Pp 222-229. https:/www.ncbi.nlm.gov/pmc/ .Retrieved on 9/12/2017.

[13]BindiyaRawat and Deepak Bangari,"Comparison of Mental Toughness between Volleyball and Basketball Players",International Journal of Movement Education and Social Science,Vol. 2, No.1, (March, 2013),Pp.81-82

and cope with success and failure, how they perceive consequences and coaches help athletes cope with success and failure. Fifteen (n=15) individual semi structured interviews was carried out with ten (n=10) Swedish and five(n=5) Portuguese sports men. And interview guide based on the objectives of the study was developed. 1226 raw data units were identified and categorized using categorization, tagging and regrouping of relevant concepts. The result of discussed according to several stress-coping theories. More ever, the result showed some difference based on both culture on coaches vs. athletes. Further more success was mainly defined as reaching goals and failure as performance related mistakes. Reactions and both success and failure were mainly emotional, negative consequences of both success and failure were most common and problem- focused coping were adopted to cope with those situations. The coaches supported the athletes by adopting emotion- and problem-focused coping.[14]

[14]Haglind,D.(2004).coping with success and failure –Among Swedish and Portuguese track and field athletes and coachs.(European Master dissertation in sports psychology 61-80p.)School of social and Health Sciences.Halmstad University.

# CHAPTER -3

# METHODOLOGY

Methodology is the description of procedure or technique adopted in research study. The machinery or methodology occupies a very important place in any kind of research. The vehicle of research cannot perform its functions without it, since it is methodology which lays out the way of the research variables and procedure. The researcher has chosen the descriptive method for the research purpose. This method provides a method of investigation to study, describe and interpret what exists at present. This study deals with the comparison of the mental toughness, coping and worry of sports men and non sports men.

## 3.1 Research design

This is a survey study under Descriptive Research. The study will be designed scientifically considering two phases**.**

## 3.2 Sampling

Three Hundred male sports man and non sportsman between the age group of 18-28 year will be selected as the samples of study purposively belonging to Govt. Colleges of Kashmir region of Jammu & Kashmir.

## 3.3 Selection of the Variables

In this study to measure the psychological difference between sports men and non sport men of the Kashmir region the researcher has selected three variables I.e. Mental toughness, Coping and Worry.

## 3.4 Equipment's used for collection of data:

### 3.4.1 Mental Toughness Questionnaire (MTQ)

**Purpose :** To measure the Mental Toughness of the subjects.

**Tool :**Dr. Alan Goldberg's Questionnaire.

**Procedure:** Before administering the questionnaire, the rules and procedure for filling up the questionnaire will be clearly explained before the selected subjects so as to the most reliable information would be collected from the subjects for the purpose of the study.

**Scoring:** On the basis of questionnaire key score will be given in numerical form.

### 3.4.2 Coping Questionnaire

**Purpose:** To measure internal and external problems of the athletes

**Tool:** Dr. Carver C.S

**Procedure:** Before administering the questionnaire, the rules and procedure for filling up the questionnaire will be clearly explained before the selected subjects so as to the most reliable information would be collected from the subjects for the purpose of the study.

**Scoring:** On the basis of questionnaire key score will be given in numerical form.

### 3.4.3 Worry Questionnaire

**Purpose:** To measure worry among players.

**Tool:** Mayer TJ, Miller ML, Metzger RL and Borkovec TD

**Procedure:** Before administering the questionnaire, the rules and procedure for filling up the questionnaire will be clearly explained before the selected subjects so as to the most reliable information would be collected from the subjects for the purpose of the study.

**Scoring:** On the basis of questionnaire key score will be given in numerical form.

## 3.5 Sampling Methods

The subjects will be selected by using purposive sampling method.

## 3.6 Processing of Data

All the collected data will be arranged systematically for further statistical calculations

# CHAPTER-4

# ANALYSIS OF THE DATA

In this chapter on the basis of data collected analysis will be made by applying appropriate statistical procedure.

## 4.1 Statistical Treatment

To describe the collected data descriptive statistical technique will be used and to determine the significant difference among the Sports Person and Non Sports Person independent t-test will be employed

## 4.2 Level of Significance

To test the hypothesis level of significance will be set at 0.05

## 4.3 Findings

On the basis of statistical analysis the findings of the study will be written.

## 4.4 Discussion on Findings

On the basis of findings the discussion on findings will be explained.

## 4.5 Testing of Hypothesis

On the basis of findings the hypothesis will be tested.

# CHAPTER -5

## SUMMARY, CONCLUSION AND RECOMMENDATIONS

On the basis of analysis of the data and the result of the study summery and conclusion will be made.

## REFERENCES

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